MASS. HS 50.103: 995/ Winter

Prevention Works!

News of the Massachusetts Children's Trust Fund
Winter 1995

The Massachusetts Children's Trust Fund (CTF) is a public-private partnership whose sole purpose is to mobilize all segments of the community to prevent child abuse and neglect by strengthening and supporting families. Created by state law in 1988, CTF is charged with implementing Massachusetts' child abuse prevention plan.

Dear Reader:

Holiday time... any time. There is no substitute for the love and support all children need and deserve.

Sure, some kids might have the luxury of the latest high-tech shoes, a mile high stack of CDs and goodness knows what else. But remember—now and forever—that money can't buy them love.

Make a New Year's resolution to share your time. Your love. Your wisdom and values.

Share yourself. Remember, the gift of a happy childhood lasts a lifetime.

Happy 1995!

Ed Bailey
Board Chair

Suzin Bartley
Executive Director

Children's Trust Fund
Preventing Child Abuse In Massachusetts

Friends of Children's Trust Fund
10 West Street
Boston, MA 02111
(617) 727-8957
Fax: 727-8997

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CTF Awards 60 Family Support Grants

Congratulations to the 60 community-based organizations awarded parenting education and support grants this year! CTF received a greatly increased number of proposals (123). This year, CTF was able to double the number of programs funded from last year.

The grants, ranging from $1,000 to $2,500, were awarded to organizations located across the state, in a mix of rural and urban communities. The organizations represent a variety of groups such as homeless and battered women's shelters, day care centers, schools, public housing, and human service agencies.

Each of the 60 programs is different. Some are open to all parents of young children, while others are designed for specific populations, such as parents of children with special needs, teen parents, parents who speak Chinese, Portuguese, or Spanish, fathers, and new parents. The programs are offered in a range of formats: support groups, educational workshops, video series, guest speakers, and parent-child playtime groups.

Be sure to read our new column, "Spotlighting Success," which will highlight a CTF-funded prevention program in each issue.

CTF Hosts Second Annual Conference on Parenting Education

"Stimulating" and "thought-provoking" were the adjectives most used by the 700 participants to describe CTF's second annual conference on parenting education and family support, *A View From All Sides: More Perspectives on Parenting Education.*

The conference focused on models of family support, families of diverse cultures, and staff development and training. A highlight was the inspiring keynote address by Dr. Sharon Lynn Kagan of Yale University. Her speech will be included in the conference report due to be published early in 1995.

Dr. Murray Strauss presents a workshop on the effects of corporal punishment.

The conference was co-sponsored by Wheelock College Center for Parenting Studies and by Professionals for Parents and Families, and made possible by generous grants from Work/Family Directions and the Lowell Institute.

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Educating the Educators: Teachers Learn About Prevention

Over 800 educators participated in CTF's three live, interactive Teachers' Forums on "Breaking the Cycle of Child Abuse" presented by the Mass. Corporation for Educational Telecommunications. The forums covered:

- Responding to signs and symptoms of child maltreatment, and creating a school reporting protocol.
- Empowering young children to avoid abduction and sexual abuse through the use of a prevention curriculum.
- Strengthening and supporting parents through school-based programs.

Tapes of the shows are available in CTF's lending library.

Monday and Tuesday, May 1 and 2, 1995

Save These Dates for

CTF's Family Support Conference

Plans are well underway for this two-day event, to be held in Marlboro, Mass. The conference will feature full day institutes on a broad range of family support strategies.

Watch your mail for more information!

Frugal Fannie's Fashion Warehouse continues to support child abuse prevention by underwriting this newsletter. Many thanks to Fannie for her ongoing generosity!

Participate in Family Support Planning Efforts!

CTF is expanding its initiative to document family resource services in Massachusetts. The information collected for this survey will be used to help the statewide planning efforts of CTF, the Department of Social Services, and others. A directory of services will also be created.

If your organization provides family support services, it should be included. Completing a short survey will ensure that your organization is listed in the directory, and that you receive a CTF Family Support Grant application and information about CTF conferences and seminars.

Don't miss this opportunity! Call Cassie Mitchell, at (617) 727-8957, to receive a survey.

Prevention Works! is a quarterly publication of the Massachusetts Children's Trust Fund.

Editorial Board:
Edward Bailey, Richard Connolly, Kay Orsatti, Marcia Pomerance

Editor: Juliette Fay

Casino Night and Auction guests use their play money to win toys and stuffed animals at the Spin-to-Win.

Going, Going, Gone! Another Successful Casino Night and Auction

Fun was the order of the evening for over two hundred guests at The Computer Museum on October 22. While enjoying delicious treats, guests used their play money with abandon to try their luck at the wide assortment of casino games.

For the fourth consecutive year, Natalie Jacobson and Chet Curtis auctioned off exciting prizes, including brunch with Patriot legend John Hannah, dinner for four with Mayor and Mrs. Menino, and the ever-popular shopping spree at Frugal Fannie's.

Natalie Jacobson and Chet Curtis work their magic to inspire high bids.

Amidst the fun, CTF netted nearly $45,000—a 15% increase over the profit from last year's event. Special thanks to CTF Board Member Claudia Tuttleman and Development Committee Member Sharon Alphas for their invaluable contribution to the evening's success.

CTF Board Member Arthur Sweetser tries his luck at Fred Wang's table.

Resources

Marching in front of a 12-foot helium balloon of a smiling pink cat, fifth graders from Springfield's Lincoln Elementary School and Principal Henry Figuerdo represented CTF in the Spirit of Springfield Parade of Big Balloons. Each marcher wore a CTF hat and a colorful official parade sweatshirt with "Children's Trust Fund Preventing Child Abuse in Massachusetts" printed on the back.

CTF could have no better representatives than children who have benefitted from the training and practice provided by CTF through *Kids and Company* at the Lincoln School.

Spotlighting Success

The worst thing is the stress; the stress is so overwhelming. Coming to this group is like a release. It's so good to have a break.

—Sunnyside Parent

Parents of children at the Sunnyside Day Nursery in Roxbury can now join a parent support workshop funded by CTF. In a supportive environment, parents discuss issues important to them and their families. An advisory group of parents assist Director Migdalia Carrasquillo in designing workshop content and choosing the speakers.

A recent guest speaker, Dolores Lombre, presented "How to Survive the Holiday Season Without Going Broke!" Dolores showed parents that bugeting could make their money go a little further during the holiday season. Participants learned the "10 Commandments of Credit," ways to save money, and shopping tips.

CTF funding covers guest speakers, child care, and enables Migdalia to cook delicious and wholesome meals for everyone. This funding, combined with Migdalia's enthusiasm and sensitivity to the parents, has made this program an outstanding success. The center is no longer just a place to drop off and pick up the kids; it has become an important resource for the whole family.

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- ☐ *10 Ways to Keep Children Safer* in Spanish/English (circle one)
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- ☐ Newborn Home Visiting Directory (cost: $5)

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Getting the Message Out

M.L. Carr Scores Points for Prevention

M.L. Carr, one of the most loved players in the Boston Celtics history and Executive Vice President and Director of Basketball Operations, took time from his busy day to be filmed for CTF's next television public service announcement (PSA). M.L. Carr, father of three, tells viewers:

> ***Nobody can push your buttons the way a kid can. And sometimes it takes all your strength not to push back. It's the toughest job in the world. But we gotta keep trying to get it right... because it's the one that matters most.***

Natalie Jacobson Urges Radio Listeners to Prevent Abuse

Natalie Jacobson, news anchor at Channel 5, recorded a radio PSA that urges listeners to support CTF's child abuse prevention efforts. The PSA reminds listeners that every day another child is hurt by the person he or she trusts most. Ms. Jacobson adds:

> ***It didn't have to happen. Because child abuse can be prevented.***

Channel 7's Prevention PSA Wins National Award

A PSA produced for CTF by the CHILD WATCH team at Channel 7 received the prestigious Gabriel Award, given annually to honor works of excellence in broadcasting. The PSA tells viewers that verbal abuse is just as damaging as physical abuse and can leave a lasting impact on children. Congratulations to Channel 7 for an outstanding job.

Look for this PSA and others that raise public awareness of issues affecting our children.

Expanding

Events in the Pioneer Valley

CTF was the topic of the morning at a brunch hosted by Board Chair Ed Bailey, his wife Dena, and Board Member Mary Gail Cokkinias. Over 25 guests from the greater Springfield area heard a brief presentation about CTF and the important work of three Pioneer Valley programs, all recipients of CTF parent support grants: Family Planning Council of Western Mass., New North Citizen's Council/El Instituto de La Familia, and the Pioneer Valley Girl Scout Council.

❊

CTF and the Exchange Club of Springfield collaborated on a booth at the Springfield Civic Center Kids' Fair. CTF provided copies of the brochure, *10 Ways to Keep Children Safer*, and coloring activities that focused on personal safety tips for young children.

❊

MASS. HS50.103: 995/Spring ✓

Prevention Works!

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Spring 1995

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Dear Reader:

It is easy to feel shocked and overwhelmed by the headlines we read about child abuse. The fact that, across the nation, April is recognized as Child Abuse Prevention Month is a sign of hope.

In this edition we have focused on some simple things that each of us can do to support the families in our lives and in our communities. Please consider what you can do to help.

Together, we can prevent child abuse.

Sincerely,

Ed Bailey
Board Chair

Suzin Bartley
Executive Director

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Eric and Laura Montross Join the CTF Team

CTF is very pleased to announce that Boston Celtics' first round draft pick, Eric Montross, and his wife, Laura, will be CTF's spokespersons in 1995.

"Laura and I are excited about making a commitment to Massachusetts and the Children's Trust Fund, to help in the prevention of child abuse. Although we are not parents, we still wish to be advocates for children, and realize that it takes everyone in the community to make sure every child has a happy childhood."

CTF looks forward to working with Eric and Laura on upcoming projects, which will include TV and radio public service announcements, guest appearances and special events, such as hosting the *Fall River Steps for Safety 3K Walk* on April 29th, and the *Prevention Works in Pioneer Valley 3K Walk* on May 13th.

CTF warmly welcomes Eric and Laura to the team!

Preschools Talk About Touching

Fourty-five preschools from across the state have been chosen by CTF to receive training and materials on *Talking About Touching*, a sexual assault prevention program designed especially for preschool children. This curriculum is produced by the Committee for Children (Seattle, Washington) and is used by preschools throughout the country.

The selected preschools will be funded by CTF to receive complete training for staff and all materials to implement the program. Parents play an essential role in this initiative. Every parent will receive a parents' guide and a storybook that will help them reinforce prevention skills at home with their children. When the program concludes, parents will be asked to provide feedback on their experience with the material.

This preschool initiative is coordinated for CTF by The Center for Training and Health Education of Brockton, Mass. Preschools that would like to apply to receive funding for this program next year should use the response form in this newsletter.

Building Bridges for Families on May 1 and 2

CTF will sponsor *Building Bridges*, a two-day family support conference, on May 1 and 2 in Marlboro, Mass. This multi-disciplinary event will feature trainers from throughout the country who will share their expertise in areas such as evaluation, program design and implementation, parenting education, home visiting, and models of parent empowerment.

Each day will begin with panel presentations by parents and experts in the field. These will be followed by 13 five-hour institutes on a wide range of training topics, providing participants with practical information and materials to enhance their work with families.

Conference brochures will be mailed in March. Those interested in attending should sign up early, as we expect the conference to be a sell out! If you haven't received a brochure by April 8, please call the conference coordinator at (508) 252-3146.

Do children in your community know how to keep themselves safe from sexual assault and abduction?

Training dates are available for public and private elementary schools that would like to receive a free sexual assault and abduction prevention program. Call CTF today to find out about *Kids and Company: Together for Safety!*

Partners in Perinatal Health Conference

Wednesday, May 24
Marlborough, Mass.

The conference will address the coordination of supportive care to pregnant and parenting families. To receive a brochure, call Carmen Adams at the Massachusetts Prevention Center: 1-800-720-9722.

Resources for Parent Educators

CTF has a resource library of over 30 parenting education curricula for people who facilitate parenting groups. Resources cover a variety of topics, including discipline, child development, stress and anger management, and communication skills.

Materials may be borrowed for up to 6 weeks, and CTF will mail materials to organizations outside a 50-mile radius of Boston. Use of the library is by appointment only. Please call Cassie Mitchell at (617) 727-8957 to schedule an appointment.

If you are having difficulty finding materials suitable for your parenting group, CTF's *Directory of Parenting Education Curricula* can help. The directory lists over 80 parenting education curricula and resources, and can be obtained by sending a check to CTF with the response form from this newsletter.

Expanding Resources

CTF Steps Out in Fall River

Led by CTF Board Member Donalda Silva, Fall River is celebrating April as Child Abuse Prevention Month in grand style. On April 3, Fall River Mayor John Mitchell will hold a press conference to emphasize the importance of child abuse prevention. The Mayor will also announce the new release of the Portuguese translation of *10 Ways to Keep Children Safer,* CTF's child abuse prevention brochure.

With a deadline of April 5, elementary school students throughout Fall River will be designing works of art with the theme of a special activity they like to do with a favorite grown-up. The winners of this contest will be announced on April 29.

April 29 is the date for **Fall River Steps for Safety,** a 3K walk and family fun festival. Eric Montross, Celtics Center and CTF spokesperson, is the honorary host of the event. The day will culminate with a soccer game and prizes for the art contest winners.

This event is being organized by CTF and The Exchange Club of Fall River, with the enthusiastic guidance of area leaders and child advocates. While this event focuses on fun for families, it will also impart a serious message from CTF that child abuse can be prevented. CTF will distribute copies of the brochure *10 Ways to Keep Children Safer* in English, Spanish and Portuguese, and provide information to parents about area resources for family support.

For more information, please contact CTF Director of Development Arlene Heiss at (617) 727-8957.

Prevention Works in Pioneer Valley

The Spirit of Springfield Pancake Breakfast on May 13 has an added attraction this year: a 3K walk for families called **Prevention Works in Pioneer Valley.** Sponsored by CTF and the Springfield Exchange Clubs, the event begins at 8am at the Springfield Technical Community College Green. Eric Montross, Celtics Center and CTF spokesperson, will be the honorary host of the event.

Please join us to raise awareness and funds for prevention in Pioneer Valley. Contact CTF Director of Development Arlene Heiss at (617) 727-8957 if you would like to sponsor a walker.

Calling All Volunteers for CTF's Boston Event in April 1996

Planning is underway to organize a CTF special event in Boston in April 1996. The Committee Chair for the event is Susan Khoury of Weston. Those interested in joining this exciting project should call Arlene Heiss at (617) 727-8957.

Frugal Fannie's Fashion Warehouse continues to support child abuse prevention by underwriting this newsletter. Many thanks to Fannie for her ongoing generosity!

Getting the Message Out

How Can You Prevent Child Abuse in Your Community?

In recognition of April as Child Abuse Prevention Month, here are five ways you can prevent child abuse:

1. Talk to the principal of your local elementary school. Ask if the school has a child abuse prevention program. If not, give them an information packet about *Kids and Company*, available from CTF.

2. Contact local radio and television stations and newspapers. Encourage them to develop stories and programming about preventing child abuse.

3. Host a brown bag lunch on parenting tips at your work place. Invite CTF to speak about prevention strategies. Highlight child abuse prevention month in your company newsletter.

4. Offer your time and support to parents you know. Take the time to listen, or offer to babysit.

5. If you're a parent, remember that asking for help is a sign of strength. Take an extra moment for yourself. Remember how important you are!

Did You Know?..

Child abuse is costly. Treating physical abuse alone costs hospitals and child welfare agencies almost $500 million annually.

Child abuse prevention is cost-effective. Parenting groups funded by CTF last year cost an average of $135 per parent.

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- ☐ information on CTF's Preschool Initiative
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Spotlighting Success

"My life is a lot less chaotic and stressful because of the skills I'm learning. I drive a good 20 minutes to get here each week—it's worth it!"

Problems, Pressures and Pleasures of Parenting is a CTF-funded education and support group for parents in the Beverly area. While discussing topics such as child development and stress management, parents share their experiences and help each other by problem-solving specific issues.

At a recent group meeting, parents discussed different ways to handle children acting out in public. For example, one parent suggested that setting consequences and rewards ahead of time can really make a difference. In this way, each parent learned some new strategies to cope with difficult behavior.

For some, the group provides the only opportunity to spend time with other parents and to learn new skills and strategies for effective parenting. Some participants enjoy the group so much they have rearranged their weekly schedules around it! The children, who have their own group, also have a great time.

The group is run by Evalyn Lawnsby and Cynthia Griffin, co-directors of the Family Network, Inc. They not only have extensive experience in parenting education, but are parents themselves. CTF funding helps cover the cost of facilitators, child care, materials and refreshments. The group is also grateful for space donated by the First Parish Unitarian Church in Beverly.

"The group helps me to be more focused and confident in how I deal with my kids. Listening to others who have had the same experiences helps me to know what to expect."

¿Habla Español? Fala Português?

CTF's brochure *10 Ways to Keep Children Safer* is now available in Spanish and Portuguese. Please call (617) 727-8957 to receive copies. Special thanks to Office for Children Commissioner Virginia Melendez, Donalda Silva and Dr. Odete Amarelo for translating these versions.

MASS. HS 50.103: 995/Summer

Prevention Works!

News of the Massachusetts Children's Trust Fund

Summer 1995

CTF's Garden Party

During half-time at a sold out Celtics game at the Boston Garden, Congressman Joe Moakley presented the Governor's proclamation that April is to be observed as Child Abuse Prevention Month. The proclamation read,

> ***"Children are the Commonwealth's greatest resource and deserve our protection; and throughout Massachusetts, child abuse and its prevention is one of the most important issues facing us today. During 1994 the number of reports of child abuse reached 97,210 for a year, which is 266 reports every single day or one child every 6 minutes."***

CTF Executive Director Suzin Bartley added: "picture the Boston Garden filled six times—that is the number of children reported abused last year."

CTF Board Member Roger Donoghue presented the first *Voices for Children Award* to Celtics Forward Eric Montross, and his wife, Laura, for their work on behalf of the Children's Trust Fund and their commitment to "making the world a place children can trust."

Everyone who attended the game received a brochure about child abuse prevention, made possible through a generous grant from Stop & Shop Corporation. For copies, please use the order form in this newsletter.

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Getting the Message Out

Playing It Safe in Waltham and Wakefield

CTF Spokespersons Eric and Laura Montross paid visits to the Bright school in Waltham and the Montrose school in Wakefield. Both schools use *Kids and Company*, the child assault and abduction prevention curriculum funded by CTF. The Montrosses reinforced the message of staying safe, using humorous skits, engaging the kids with role playing and by singing two of the songs from the program: "Check First" and "The Buddy Song."

The Sports Channel broadcast the Wakefield visit during the Celtics pre-game and half-time shows. Both visits made the front page of each town's newspaper. The *Waltham Tribune* quoted one boy as saying it had an impact to know a star basketball player cared enough to come to school to talk with students about staying safe.

Did You Know?..

The poverty rate for American children under the age of six has reached 26%, a 20 year high. The added stress of poverty can make parenting especially challenging.

Parenting education programs help mothers and fathers enhance their ability to cope with stress. Knowing how to diffuse and deal with an angry toddler, a resentful teen, or one's own anger can mean the difference between calm and crisis.

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- ☐ a Celtics brochure on parenting tips
- ☐ information on school-based child abuse prevention
- ☐ information on CTF's Preschool Initiative
- ☐ Parenting Education Curricula Directory (cost: $5)
- ☐ Newborn Home Visiting Directory (cost: $5)
- ☐ Parenting Education Conference Report (cost: $10)

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Parent presenters with moderator Carl Dunst.

CTF Builds Bridges

Approximately 650 professionals gathered in Marlboro on May 1 and 2 to attend *Building Bridges,* CTF's multi-disciplinary conference on family support.

The conference began with presentations by four parents who shared how family support programs have strengthened their ability to nurture their children. Erwin Figuero from the *With Child* program in North Adams, talked about his goal to have a closer relationship with his child than he had with his father. He explained how the program has helped them to "have something very special—love between us."

Doris Wilson from the *Dorchester CARES* program said "this program has boosted my ego, my spirit, and has shown me that I'm doing something right." Other parents speaking were Serena Bonin, *Pernet Family Health Services of Worcester,* and Julie Hemingway, *Family Network of South Hamilton.*

Especially popular among the 23 institutes offered were the Nurturing Skills Program, Engaging High Risk Families: Working from Strengths, Silent Victims: Children Who Live with Domestic Violence, Working with Adolescent Parents, and Working with Children and Families of Diverse Cultures.

Parenting Education Report Available

CTF is pleased to announce that the report from its October 1994 conference, *A View From all Sides: More Perspectives on Parenting Education,* is now available. The report features articles on 19 workshops, as well as the complete text of the two keynote addresses.

Workshop reports cover information on a broad range of topics such as discipline, working with families of diverse backgrounds, curriculum development and adaptation, raising young children in violent times, corporal punishment, adolescent-parent communication, and groups for fathers.

Dr. Sharon Lynn Kagan, Senior Associate at the Bush Center of Yale University, addressed the question, "Is Universal Parent Education a Realistic Vision for the 21st Century?" While answering in the affirmative, Dr. Kagan presented a number of challenges that face parenting educators today. Dr. Kathy Weingarten, Assistant Professor, Department of Psychiatry, Harvard Medical School, delivered the luncheon keynote, sharing insights from her new book, "The Mother's Voice: Strengthening Intimacy in Families."

Copies of the report may be obtained by using the order form in this newsletter.

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Editorial Board:
Edward Bailey, Richard Connolly, Kay Orsatti, Marcia Pomerance, Denise Snyder

Editor: Juliette Fay

chusetts Families

Schools Get "Extra Help"

Four regional institutes were held during the fall and spring for elementary schools currently using the sexual assault and abduction prevention curriculum, *Kids and Company: Together for Safety.* Teachers, guidance counselors and principals gathered in either Marlboro, Brockton, Littleton or Andover to share their experiences using *Kids and Company* and to learn about new resources to supplement the curriculum.

CTF also provided each school system with a video titled "Yes You Can Say No." Produced by the Committee for Children, the video teaches children, grades 2 - 6, how to handle sexual exploitation by a once-trusted adult. Using the story of David, a boy molested by a favorite uncle, the video models the assertiveness skills necessary to resist and report abuse.

CTF offers the *Kids and Company* curriculum and training to all elementary schools in Massachusetts free of charge. Is it in your community?

Spotlighting Success

SAFE (Services for Adolescent Family Enhancement), a program of Family Planning Council of Western MA, provides a range of services for adolescent parents, such as life skills training, GED classes, job and housing searches. CTF funding has assisted in extending their services to include a parenting skills course to help young families cope with the stress of parenting.

During weekly sessions, teen parents discuss positive solutions to the everyday challenges of caring for children. For example, what do you do when a toddler repeatedly splashes his hands in the toilet? The group provides an opportunity to learn ways to discourage such behaviors, and to learn what behaviors are part of normal development.

While parenting is a demanding job at any age, these teens have the added stress of becoming adults. As one 19 year old mother of two, said

> "You can't be a little kid anymore, it's just a lot of responsibility."

Barbara Jordan, the volunteer group facilitator, helps young parents realize that their babies don't understand the pressures they face.

SAFE provides a time that teen parents can come together to share their experiences—both happy and frustrating. The program provides child care so that parents can talk freely about particular difficulties they may be having. In the words of one mom,

> "All the people are in the same situation so you can get input from other people, what has worked for them, and it helps out a lot."

Fall River Steps in the Right Direction

Fall River Steps for Safety, a family event sponsored by CTF on April 29th, included a 3K walk, face-painting, puppet shows, storytelling, basketball and soccer clinics, and a petting zoo. The event concluded with a Fall River Youth Soccer League match. CTF and local social service agencies distributed information about parent support and education. CTF's brochure *10 Ways to Keep Children Safer* was translated into Portuguese by Donalda Silva and Odete Amarelo for the occasion.

Senator Tom Norton, art contest judge, assists artist Lean Thann with her first ride on her grand-prize bicycle.

The Massachusetts Children's Trust Fund (CTF) is a public-private partnership whose sole purpose is to mobilize all segments of the community to prevent child abuse and neglect by strengthening and supporting families. Created by state law in 1988, CTF is charged with implementing Massachusetts' child abuse prevention plan.

A city-wide art contest for 3rd, 4th and 5th graders attracted drawings from 268 students, who submitted drawings of an activity they enjoy doing with a favorite adult. The drawings featured a wide range of activities such as playing cards and checkers with grandparents, cooking with parents, and fishing with uncles. All of the pictures reflected heartwarming childhood experiences. [Photos by Jack Foley]

Donalda Silva, CTF Board Member and Chair of Fall River Steps for Safety, *helps a young walk participant.*

Fall River steps out for safety.

Frugal Fannie's Fashion Warehouse continues to support child abuse prevention by underwriting this newsletter. Many thanks to Fannie for her ongoing generosity!

Prevention Works and Walks in Pioneer Valley

Participants in CTF's *Prevention Works in Pioneer Valley* 3K walk on May 13 certainly earned their breakfasts—all they could eat at Springfield's famed Pancake Breakfast.

Brenda Garton, WWLP Channel 22 Anchor and honorary chair of the walk, featured child abuse prevention and CTF's 3K walk on the news the week before the event. The response was overwhelming: CTF's telephones began to ring and visitors picked up sponsor envelopes at the Bank of Western Massachusetts and other locations.

News Anchor Brenda Garton with her husband and son.

CTF received $1,500 from The Community Foundation of Western Massachusetts through the Eugene A. Dexter Fund for printing 16,000 copies of *10 Ways to Keep Children Safer* in Spanish for distribution in the Pioneer Valley. For copies, please use the order form in this newsletter. [Photos by Kristen Dacey]

CTF Board Member Alicia Smith and her daughter stand in front of walkers.

Walkers on the move!

Child Advocates, Citizens, Policy-makers!

Want to know the latest on the economic, social, health and educational status of children in our state? Get your copy of the **KIDS COUNT 1994** data report and its companion document, the **Massachusetts Agenda for Children**. Data on the children in your city or town is also available. Contact the Mass. Committee for Children and Youth at (617)742-8555.

Now Available! *Building Villages to Raise Our Children*

This five-volume series of books offers step-by-step advice for establishing and managing a family support program. Cost: $35.95/set. To order, call the Harvard Family Research Project at (617) 495-9108.

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News of the Massachusetts Children's Trust Fund

Autumn 1995

Dear Friends,

As we head into the fall, CTF asks that you take the time to assess the child abuse prevention programs available in your community. Do the elementary schools in your town have a child abuse prevention curriculum? Does your child's daycare center offer safety and sexual assault prevention training for children and parents? If not, contact CTF for help in ensuring that all children are empowered to avoid victimization.

Does your community offer parenting education programs? If not, you might help to create a more supportive community for parents by starting a support or education group. CTF can help you acquire the skills and information you need at its conference on Parenting Education—see inside for further details. Thanks for helping children and families!

Sincerely,

Suzin

Suzin Bartley, Executive Director

The Massachusetts Children's Trust Fund (CTF) is a public-private partnership whose sole purpose is to mobilize all segments of the community to prevent child abuse and neglect by strengthening and supporting families. Created by state law in 1988, CTF is charged with implementing Massachusetts' child abuse prevention plan.

Children's Trust Fund

Preventing Child Abuse In Massachusetts

Friends of Children's Trust Fund

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Getting the Message Out

"Quality Time" Gets Some Air Time

This fall, look for a CTF public service announcement (PSA) produced by WHDH-TV Channel 7. The PSA emphasizes how important it is for parents to spend time with their children, despite busy schedules. This project is part of the station's ongoing commitment to CTF and child abuse prevention, and offers viewers a brochure on parenting and discipline.

Executive Director Suzin Bartley notes, "We are thrilled by Channel 7's efforts to underscore the value and importance of parenting. We hope that parents who are watching will see that they are not alone with their struggles—and that there are solutions and support."

Did You Know?

Sixty-five percent of reports of child maltreatment to the Department of Social Services last year were for parents' neglect of their children's needs. The average cost for DSS to investigate and serve such a family is $17,000 per year.

CTF-funded parenting education programs, which help parents to understand and meet their children's needs, cost a fraction of that amount. The average cost to CTF for making these programs possible is $140 per parent!

☐ Enclosed is my tax-deductible donation in the amount of
$35 $50 $100 $250 $500 Other $ _____

☐ My address has changed.
(Make corrections on the reverse side of this form.)

☐ Please send me:
- ☐ a CTF brochure
- ☐ *10 Ways to Keep Children Safer* in
  Spanish English Portuguese (please circle)
- ☐ information on school-based child abuse prevention
- ☐ information on CTF's Preschool Initiative
- ☐ Parenting Education Curricula Directory (cost: $5)
- ☐ Newborn Home Visiting Directory (cost: $5)
- ☐ Parenting Education Conference Report (cost: $10)

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Spotlighting Success

"This is so important! There are so many kids out there keeping secrets and feeling threatened—the curriculum helps them talk about it."
Teacher, Shattuck Child Care Center

Statistics indicate that sexual abuse of both boys and girls peaks at age four (and again at age fourteen for girls). In order to provide these vulnerable children and their families with prevention skills, CTF has expanded its school-based initiative. It has provided 69 preschools throughout Massachusetts with the classroom curriculum, *Talking About Touching*, a child sexual assault and abduction prevention curriculum, providing students, parents and teachers with information, skills and support they need to help keep children safe from abuse without frightening them.

The pilot year of this initiative has been an enormous success for the teachers, parents and children who have participated. In addition to teacher training and skill-building for children, the curriculum includes story books about safety habits for parents to read to their children at home. In fact, 97 percent of parents wanted their child's school to continue using the curriculum.

The Shattuck Child Care Center in Jamaica Plain has successfully implemented *Talking About Touching*. Shattuck teachers found the step-by-step instructions and structured lessons effective and easy to use. One staff member said that the safety skills included in the curriculum were "the most important thing we taught the kids all year."

Several girls at the Shattuck were very proud that they knew what to do when another child hits or touches in ways they don't like: they say "No, don't do that!" and then go tell a teacher. Children who have experienced abuse feel encouraged to tell a trusted adult, and reassured that they are not to blame.

"After we taught the program, we heard the kids practicing their skills by saying things like, 'It's my body, and I don't like that!' when they felt threatened by another child. They are much more aware of how to get help if something uncomfortable is going on."
Teacher, Shattuck Child Care Center

CTF Sponsors its Third *View From All Sides*

On November 13, CTF will host its popular conference on parenting education for the third consecutive year. *A View From All Sides: Multi-disciplinary Perspectives on Parenting Education* will feature 29 workshops designed to assist practitioners in their work with families from diverse backgrounds and cultures.

An exciting selection of workshops are available to choose from, including:

- What Parent Educators Need to Know When Working With Families of Diverse Cultures
- Guiding Parents Through the Guru Maze
- Parents in Conflict Over Child-rearing
- Helping Families of ADD Children

Dr. Dana T. Friedman, co-founder and Co-President of the Families and Work Institute of New York, will deliver the morning keynote address, "Valuing Families: Rhetoric or Reality?" Popular author and parent educator Jean Illsley Clarke will speak after lunch on "Helping Parents Help Themselves."

The conference will take place in Marlboro at the Royal Plaza Hotel from 8:30 a.m. to 4:30 p.m. CTF is co-sponsoring *A View From All Sides* with Wheelock College Center for Parenting Studies and Professionals for Parents and Families. For more information, call the conference information line at Wheelock College at (617) 734-5200, extension 300.

CTF Awards 72 Family Support Grants

Congratulations to the 72 community-based organizations awarded grants through CTF's Parenting Education and Support Initiative to develop and implement parenting groups. CTF was able to increase the number of funded programs this year by 17%, and grant awards of up to $2,500 per program.

The selection process was very competitive because 135 proposals were received from across the state—almost twice the number for which CTF has available funds. CTF enlisted the help of regional reviewers to make funding recommendations for their communities. The majority of proposals were very strong, and over 100 were recommended.

CTF's Parenting Education and Support Initiative reaches hundreds of parents in rural, suburban and urban neighborhoods throughout the state. Examples of funded programs are:

- a program for teen parents in a vocational technical high school in Taunton
- a play group for Spanish-speaking mothers and their children in Holyoke
- a fathers' group in Southbridge
- support and discussion group open to all parents in Beverly
- a group for battered women in transitional housing in Boston

The programs are varied in format: support groups, educational workshops and parent-child play groups. Groups will present topics such as positive discipline, child development and stress management, and will encourage parents to share their experiences with their peers.

What to Do When You Witness Abuse in Public

A crowded subway car filled with morning commuters on their way to work: a mother and her preschooler appear to be having a difficult morning. The boy is whining, the mother is tired, and the tension between the two of them builds to a point where the mother becomes abusive.

It is hard to intervene in such a situation. However, there are positive ways to help. For example, you can strike up a conversation with the adult to direct attention away from the child.

It is important to acknowledge the parent and try to be supportive, even though you may disagree with the parent's actions. Avoid negative remarks or looks. These reactions are likely to increase the parent's anger and could make matters worse. Abusive behavior is often the result of feeling overwhelmed, so showing disapproval is unlikely to help the situation.

The following are tips from the National Committee for the Prevention of Child Abuse on what you can say or do to de-escalate an abusive situation in public:

- "She seems to be trying your patience."
- "My child gets upset like that, too."
- "Children can wear you out, can't they? Is there anything I can do to help?"
- Divert the child's attention (if misbehaving) by talking to the child.
- Praise the child and/or parent at the first opportunity.
- If the child is in danger, offer assistance. For example, if a child is left unattended in a grocery cart, stand by the child until the parent returns.

Remember, parenting is the toughest job. Being supportive to parents when they have lost control is the best way to help them regain it.

Updated Parenting Education Resource Guide Now Available

CTF is pleased to announce the completion of *A Guide to Parenting Education Resources and Materials*, the 1995-96 expanded edition of its *Directory of Parenting Education Curricula.* Parenting groups will find referrals for 26 parenting videos and video series and 19 pamphlet series in addition to 126 curricula descriptions. The new edition costs $5—order one now by returning the order form in this newsletter.

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Expanding Resources

Mark Your Calendars!

Plan now to attend CTF's annual gala, this year with a French flair: Une Soirée de Romance. . . complete with entertainment, games and cuisine! This exciting event will be held on Saturday, October 28th from 7:30 p.m. to midnight at The Computer Museum in Boston.

Guests will browse along a Parisian street lined with cafe tables and entertainers. *Chanteuse* Lucie Therrien will provide French songs, and a caricaturist will be on hand to sketch guests' portraits. Guests may try their luck at the Spin-to-Win and other games using play money.

The large silent auction and live auction provide the opportunity to purchase gifts unavailable anywhere else. Last year, for example, guests bid on the chance-of-a-life-time for a young friend to serve as a Celtics ball girl or boy, dinner for four with Mayor and Mrs. Menino, joining Derek Sanderson for golf and lunch, and other exciting gifts and opportunities.

Again this year, many unique items will be offered for guests to bid on—for their own enjoyment or as gifts for family and friends. For example, Houghton Mifflin will, once again, contribute its large collection of children's books, and TNT Vacations has offered a trip for two to Aruba. All auction items are generously donated by area businesses, celebrities and supporters, and all proceeds benefit CTF's critical work to prevent child abuse.

If you wish to contribute an auction item, please call Arlene Heiss at (617) 727-8957 ext. 305 or 1-800-252-8403.

Professional Photographers and Graphic Designers!

Are you looking for a worthy cause to support with a bit of *pro bono* expertise? The Children's Trust Fund can help you in your search!

We are seeking professionals who are willing to donate a little of their time to help us with photo and design projects. For more information, please contact Shereen at (617) 727-8957 ext. 315.

Prevention Works! is a quarterly publication of the Massachusetts Children's Trust Fund.

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